

Tooth Whitening Instructions

Clean your teeth before using the whitening system

Squeeze a small amount of gel into the front surface of each tooth space of the tray (for each tooth you wish to lighten).

Seat the tray(s) over your teeth allowing the gel to cover the tooth surface. Gently remove any excess gel from your gum line with a cotton bud or a clean finger. Take care not to swallow the excess gel.

Wear the tray(s) over night if this is convenient for you. Alternatively wear for at least a 2-4 hour period during the day or evening.

After removing the trays, brush your teeth and rinse away the residual gel. Gently brush the trays under cold running water to clean them and store in the plastic case provided.

Results are usually visible after 2 weeks of nightly use. However results vary between individual teeth and between patients. In some cases whitening can take up to 6 weeks

For best results avoid heavily stained food/drink e.g. red wine, black coffee and tea and avoid smoking during the treatment period.

Sensitivity

Tooth whitening does not harm the teeth, however it is quite normal to experience sensitivity to hot and cold during treatment.

You can reduce the sensitivity by wearing the trays on alternate days or taking a break for a few days.

Desensitising toothpastes e.g. Sensodyne, Colgate sensitive or Macleans sensitive can help during this time.

Please remember

The custom made trays are heat formed. They will be damaged if you clean them with hot water, or drink hot drinks while wearing them!

It is not possible to predict how quickly your teeth will lighten or how many shades lighter they will become. The best way to see the changes yourself is to lighten the upper teeth first and compare them to your lower teeth!

The final colour of the teeth will rebound slightly once you stop whitening.

Teeth are darker towards the gum line- this area will take longer to lighten and will usually remain slightly darker than the rest of the tooth.

The effects last on average 12-24 months. Any remaining gel can be kept in the fridge for up to a year for 'top-ups'. Extra gel can also be purchased from the practice.